

## Nevada Cancer Institute's Worksite Wellness Program

Nevada Cancer Institute offers evidence based series of wellness programs designed to build and sustain healthy lifestyle goals. These programs are designed to assist you to create healthier environments for your employees and their dependants. Developed by professional health educators, the programs below are available at a nominal fee to your agency.

### AVAILABLE NOW!

#### **A Smoke Free Life – Smoking Cessation Program**

NVCI seeks to develop sustained tobacco-free behaviors throughout the state of Nevada. To do this, NVCI has developed *A Smoke Free Life*. *A Smoke Free Life* is a tobacco education and cessation program that aims to assist participants with quitting smoking and setting long term goals through an intensive 6-week course. It is designed to provide the basic fundamentals of quitting smoking and can be used as an individual teaching tool or to complement existing community programs.

Program Coordinator: Erin West [ewest@nvcancer.org](mailto:ewest@nvcancer.org)

#### **Buddy Up! – 10 Week Nutrition and Physical Activity Program**

*Buddy Up!*, a 10-week nutritional and physical activity program available in English and Spanish, has been developed to help individuals reduce their risk for cancer as well as other chronic diseases by improving nutrition and increasing physical activity. Foundation for this program was taken from commercial nutrition programs, as well as government developed programs, such as MyPyramid.gov, American Dietetic Association's Eat Right program, and the Center for Disease Control's 5-a-Day.

Program Coordinator: [lpaz@nvcancer.org](mailto:lpaz@nvcancer.org)

#### **Sun Safety and Education – Train the Trainer**

NVCI seeks to educate your agency to practice sun safe behaviors. Through this program NVCI can teach management staff or designated health champions about proper sun safe behaviors via a one-time on-site educational workshop. This workshop offers you tools to successfully implement your own sun safety initiative, complete with sample educational tools, resources and materials. NVCI can be the connection to wholesale retailers for your organizational sun safety needs!

Program Coordinator:

Laurrana Leigon, [lleigon@nvcancer.org](mailto:lleigon@nvcancer.org)

#### **Hope Coach – Digital Mammography Suite (Mobile)**

NVCI provides a mobile digital mammography screening program designed to improve community access to mammography and increase community awareness for regular breast exams. Screenings are offered by caring and professional staff that use state-of-art digital diagnostic equipment. Hope Coach serves women at their place of work, allowing for greater access of screenings to accommodate today's busy lifestyles.

Program Coordinator: Tracie Stuckey-Arana, [tsuckey@nvcancer.org](mailto:tsuckey@nvcancer.org)

### COMING SOON!

#### **Fitness First ~In Development**

Fitness First, a ten week physical activity program, is designed to increase participants knowledge, behavior, and skill of basic physical activity principles. This program encourages behavior modification to reduce or control risk factors and to illicit a healthier overall lifestyle. During this program participants will be given the tools that will enable them to increase their physical activity and to manage and possibly prevent health concerns through exercise.

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### FREE Community Education:

#### **General Community Cancer Information**

General Cancer and Sun Safety programming consists of informational presentations aimed at reducing the risk of chronic diseases and promoting cancer awareness, early detection, screening and care. These brief presentations provide current cancer information and education. Currently, four one-time presentations are offered, including: *Cancer Screening: What You Need to Know*, *Lifestyle and Chronic Disease*, *Women's/Men's Health* and *Sun Safety*. More presentations will be added in the future.

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